


L I V E S T R O N G . C O M  
THE LIMITLESS POTENTIAL OF YOU

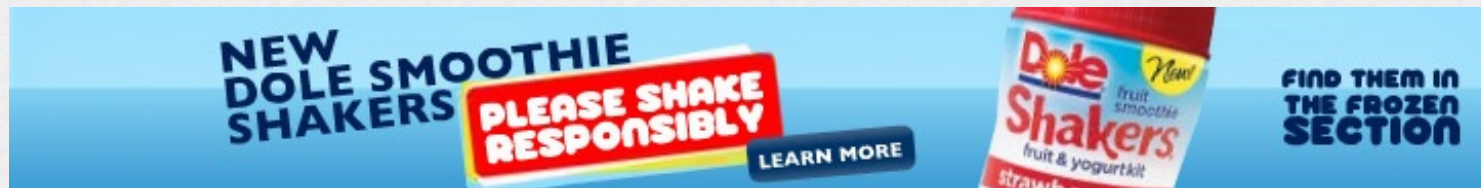
Lose 25% more weight! Start now >

FOOD | FITNESS | HEALTH | WEIGHT LOSS | LIFESTYLE | TRACK CALORIES | COMMUNITY | BLOGS

S e a

WHAT'S HOT: [Outdoor 101](#) | [Allergy Center](#) | [Power Foods: Eggs](#) | [One Great Answer](#)

 Sign up for our Newsletter!



[Home](#) / [Recipes](#) / ORANGE - PINEAPPLE CHICKEN - JAMAICAN STYLE Recipe

# ORANGE - PINEAPPLE CHICKEN - JAMAICAN STYLE.

Submitted By: [datastream](#) On Feb 4, 2011

0 COMMENTS

[f](#) Like

27

 Send

[t](#) Tweet

0



[Personalize Recipe](#)

Prep Time: **90 min**

Serves: **6**

Cooking Time: **50 min**

Yield: **8 Cups**



[Write A Review](#)

Be the first to review this recipe!

A taste of the Caribbean chicken with a spicy kick.

I Ate This

[Today](#) | [Yesterday](#)



# INGREDIENTS.

3 1/2 lb [Chicken Breast \(boneless,skinless\)](#)

1/2 cup [Whole Wheat Flour](#)

1 tsp [Salt, Tsp.](#)

1 tsp [Chili Powder](#)

1/2 tsp [Nutmeg, Ground](#)

1/4 tsp [Cinnamon](#)

1/8 tbsp [Cloves, Ground](#)

1/2 tsp [Ginger Powder](#)

3 tsp [Canola/olive Oil](#)

3/4 cup [Tropicana Orange Juice W Pulp](#)

1/4 cup [Orange Zest](#)

1/2 cup [Raisins, Golden](#)

1/4 cup [Dark Rum](#)

1 cup [Pineapple, Canned, Crushed](#)

Track calories and reach your health goals with the [Calorie Tracker](#)

## Nutrition Facts

Serving Size: 1 1/3 cup

Amount per Serving  
Calories 489

Calories from Fat 100.4

	% Daily Value *
Total Fat 11.16g	17%
Saturated Fat 1.26g	6%
Cholesterol 151.67mg	50%
Sodium 819.36mg	34%
Total Carbohydrate 38.96g	12%
Dietary Fiber 1.76g	7%
Sugars 6.14g	
Protein 56.64g	113%

### Est. Percent of Calories from:

Fat	20%
Carbs	31%
Protein	46%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Is this nutritional information correct?  
[Suggest Changes.](#)

## Nutrition Profile



2 cups [White Cooked Rice](#)

**Easy Hot Dog Recipes** Try A Hebrew National Recipe Today! 100% Kosher Beef. 100% Delicious.  
[hebrewnational.com](#)

**Order Schwan's® Online** Order Food Online from Schwan's & Get Delivery Right to Your Door! [schwans.com](#)  
Sponsored Links

## DIRECTIONS.

Preheat the oven to 350°F.

Take 3 to 3.5lbs of boneless chicken breasts and rinse the chicken and then pat it dry. Cut the chicken into bite sized portions.

In a large, resealable plastic bag or large bowl, combine the flour, salt, and chili powder. Shake the chicken pieces in the bag or fold the meat over in the mixture in your bowl. Make sure the chicken is thoroughly coated.

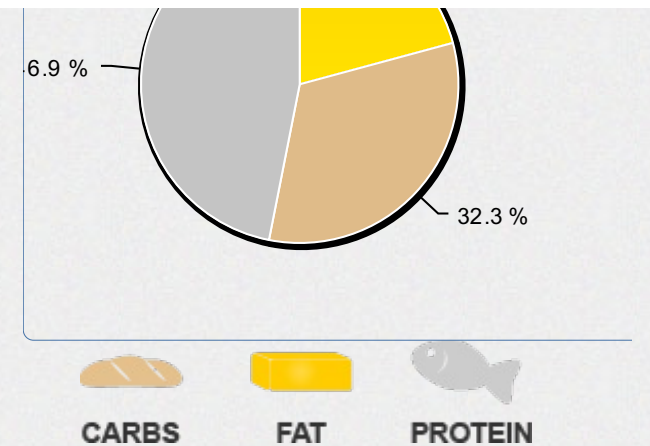
Heat the oil in a large skillet. Begin by placing the chicken pieces in the skillet and brown the chicken on all sides. Use only enough chicken pieces to fit the skillet and repeat if you have additional chicken pieces.

Place the chicken in a lightly greased, shallow baking dish.

In a bowl, mix thoroughly together the orange juice, raisins, rum, cinnamon, cloves, ginger, nutmeg, orange zest and crushed pineapple (undrained)\*. Pour the mixture over the chicken.

\*(Variation: Use a food processor to reduce the ingredients to a sauce.

Bake uncovered for 50 minutes in a casserole dish, or until the chicken is tender. While cooking the



## OTHER RECIPES BY DATASTREAM

[Macaroni - Meat - Cheese Bake](#)

[Chicken in White Garlic Asiago Cheese Sauce and Pasta](#)

[BBQ SAUCE - HOT - QUICK AND EASY](#)

[CHICKEN SALSA BAKE](#)

[Mashed Potatoes with Love and Butter](#)

[Grandma's Meat Loaf](#)

[Kevy's Rice OR Roni](#)

[Chicken Parmesan Broccoli Pasta](#)

chicken occasionally baste with juices.

Serve:

Cook any variety of rice according to directions.

Serve on the cooked rice. Enjoy!

## COURSE.

Main Dish

[Pan Roasted Chicken and Potatoes](#)

[Zesty Citrus Grilled Chicken Skewers](#)

[Quiche](#)

[Sheppard's Pie](#)

**FOOD FITNESS HEALTH WEIGHT LOSS LIFESTYLE TRACK CALORIES COMMUNITY BLOGS**

**L I V E S T R O N G™.COM**

**SIGN-UP FOR OUR NEWSLETTER**

Get the latest tips on diet, exercise and healthy living.

Add Me

*Your email is safe with us. We hate spam too!*

**ABOUT**

**BLOG**

**CONTACT US & FAQ**

**ADVERTISE WITH US**

**PRESS**

**SITEMAP**

Copyright © 2012 Demand Media, Inc. Use of this web site constitutes acceptance of the LIVESTRONG.COM [Terms of Use](#) and [Privacy Policy](#). The material appearing on LIVESTRONG.COM is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. LIVESTRONG is a registered trademark of the Lance Armstrong Foundation. The Lance Armstrong Foundation and LIVESTRONG.COM do not endorse any of the products or services that are advertised on the web site. Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies. [Ad Choices](#)

